Division Introduction

The Division of Pediatric Endocrinology, directed by Perrin C. White, M.D., provides inpatient and outpatient clinical services to Children’s Medical Center and the broader community in the areas of general endocrinology, diabetes and obesity. The Division’s catchment area extends north and east into Oklahoma and Louisiana, respectively, west to the Mid-Cities and occasionally into Fort Worth, and south as far as Houston. The faculty consists of 14 physicians (~nine clinical FTE), who conduct direct patient care and supervise a variety of other health professionals including nurse practitioners and advance practice nurses, certified diabetes educators, and endocrinology nurses. In 2015, the payer mix was 52% commercial, 42% Medicaid, and 6% other categories.

The Division includes three broad service categories, each with its own Medical Director.

- General Endocrinology, including growth, thyroid, puberty, pituitary and adrenal problems, directed by Dr. Soumya Adhikari
- Diabetes, directed by Dr. Kathryn Sumpter
- Obesity, the Center for Obesity and its Consequences in Health (COACH), currently directed by Dr. Roy Kim, but transitioning to Dr. Olga Gupta

An additional newly established multidisciplinary clinic, GENECIS, directed by Dr. Ximena Lopez, cares for children with gender dysphoria.

Faculty

The Division has twelve full-time and two part-time faculty members and five fellows, all with varied interests in clinical and translational research as well as basic science. Additional support is provided by advanced practice nurses, nurses, dieticians, medical assistants, social workers, and a research coordinator. Dr. Julia Cartaya joined the faculty in 2015.

Julia Cartaya, M.D.
Assistant Professor

B.S., magna cum laude
Case Western Reserve University, Cleveland, OH, 2004

M.D.
Case Western Reserve University School of Medicine, Cleveland, OH, 2008

Postdoctoral Training
- Internship and Residency, Pediatrics
  St. Louis Children’s Hospital, St. Louis, MO, 2008-2011
- Fellowship, Pediatric Endocrinology
  Massachusetts General Hospital, Boston, MA, 2012-2015

Honors / Awards

Soumya Adhikari

- Best Pediatric Specialists, D Magazine
Julia Cartaya

- Endocrine Society Helmsley Charitable Trust Abstract Award in Type 1 Diabetes

Bryan Dickson

- Best Pediatric Specialists, *D Magazine*
- Texas Super Doctor, *Texas Monthly Magazine*

Kathryn Sumpter

- Best Pediatric Specialists, *D Magazine*
- Participant, Leadership Emerging in Academic Departments (LEAD), UT Southwestern Office of Faculty Diversity and Development

Grace Tannin

- Best Pediatric Specialists, *D Magazine*

**Invited Lectures**

Olga Gupta

- 47th Annual Kenneth C. Haltalin Pediatrics for the Practitioner Conference, Grapevine, TX, April 2015
  - “A General Pediatric Approach to Evaluating a Short Child”

Ximena Lopez

- Pediatric Endocrinology Society of Texas, Oklahoma, Louisiana and Arkansas (PESTOLA) Annual Scientific Meeting, Dallas, TX
  - “Endocrinology Care of Transgender Youth”
- American Medical Association Medical Student Section Region III Meeting, UT Southwestern
  - Moderator: “Transgender Patient Perspective”
- Annual School Nurse Conference, Richardson, TX, April, 2015
  - “Across the Spectrum: Understanding the Needs of Gender Diverse Youth”
- Pediatric Endocrine Society (PES) Annual Meeting, San Diego, CA
  - Moderator: “Care for Transgender Youth”

**Oral & Poster Presentations**

Julia Cartaya

- “Under-Management of Hyperlipidemia in Young Persons with Type 1 Diabetes (T1D)”
  Katz ML, Telo GH, Cartaya JB, Dougher CE, Ding M, Laffel LM
  - Oral Presentation: The Endocrine Society Annual Meeting, San Diego, CA, March 2015

- “Predictors of Visits with a Registered Dietitian(RD) for Youth and Young Adults with Type 1 Diabetes (T1D)”
  Cartaya JB, Telo GH, Higgins LA, Quinn HM, Markowitz JT, Laffel LM
  - Poster Presentation: The Endocrine Society Annual Meeting, San Diego, CA, March 2015
**Education and Training**

The Division is committed to providing quality medical education for medical students, residents, and fellows. It has an active fellowship program and also provides inpatient and outpatient opportunities for residents and medical students.

**Medical Students**

Pediatric Endocrinology faculty are active in providing didactic education to UT Southwestern Medical School students. The Division offers two electives for fourth-year pediatric clerkships that provide in-depth exposure and care to patients with diabetes and endocrinologic diseases.

**Residents**

Faculty play a significant role in the education of the residents at Children’s and UT Southwestern. As one of the largest endocrine and diabetes clinics in the country, the Division is able to offer residents a very broad experience.

The following education goals can be accomplished while rotating through the Division.

- The resident will become familiar with normal growth patterns in children and normal variants of growth, and be able to assess normal and abnormal patterns of pubertal development.
- The resident will be able to interpret endocrine function tests and to perform and recommend appropriate diagnostic and screening tests for common endocrine complaints or referrals including thyroid disorders, short stature, disorders of puberty, and newborn screening of endocrine disorders.
- The resident will become familiar with the management of both Type 1 and Type 2 diabetes through experience in the inpatient and outpatient clinics. This experience can also include management of diabetes in a camp setting.

**Fellows**

The Pediatric Endocrinology Fellowship Program accepted its first extramural fellow in 1999 and has grown to accept two fellows per year. Approximately half of the Division’s fellows come from the Department’s Pediatric Residency Program.

The Fellowship Program emphasizes both broad and deep clinical training, as well as experience in clinical research, bench research, or both. All of the fellows have published their projects as one or more papers in peer-reviewed literature, and the majority of graduates take academic positions at UT Southwestern or other medical schools.

**Research Activities**

Pediatric endocrinology faculty are involved in both basic and clinical research. The Division works with laboratories in other departments and institutions, providing fellows an opportunity to expand their research interests and learning opportunities.

- Drs. Soumya Adhikari and Kathryn Sumpter have conducted a pilot study of a powerful anti-inflammatory agent – anakinra – in children with new-onset Type 1 diabetes to see if it might be safely used to prolong the honeymoon period in which some insulin secretion remains. Additional studies are planned with a more powerful related agent.
- Dr. Perrin White has studied several genetic diseases of steroid hormone biosynthesis and metabolism including the most common forms of congenital adrenal hyperplasia. Recently he concentrated on translational research including studies of gene expression in white blood cells from children with either Type 1 or Type 2 diabetes mellitus, and a pilot study of a potent anti-inflammatory agent, anakinra, in patients with new-onset Type 1 diabetes.
Clinical Activities

Inpatient Services

The Division provides direct oversight to a dedicated endocrinology service, which is currently integrated as the “Blue-Endocrine” Pediatric Medicine team. In 2015 this service admitted 651 patients with diagnoses that included diabetes mellitus, panhypopituitarism, adrenal insufficiency, and diabetes insipidus, among other endocrine disorders.

The Endocrinology Division also provides inpatient consultative services to the entire hospital, including the intensive care units and the hematology-oncology, gastroenterology, pulmonary medicine, and cystic fibrosis services. The leading reasons for consultation are diabetes mellitus, secondary diabetes/hyperglycemia, diabetes insipidus, electrolyte abnormalities, hypoglycemia, and adrenal insufficiency. There were 499 inpatient consultations in 2015, with a total of 3,346 inpatient encounters resulting from inpatient admissions and consultations.

Recognizing the increasing demands of the inpatient consultation service, which now provides services at four different Dallas hospitals, the Division established separate inpatient and consultation services in July 2014, each with its own attending physician (except for the weekend and at night, when a single on call attending provides both services). The Division also added a third attending physician at the same time to be available for inpatient activities at the Legacy campus.

Outpatient Services

In 2015, the Division’s attending physicians performed 14,697 outpatient visits and supervised ~6,000 visits by non-physician providers. This included 2,830 new patient visits and outpatient consultations. As of January 2016, the Division provides outpatient services at all three Children’s locations, on the following schedule which includes attending physician clinic sessions only. All except COACH sessions are approximately evenly divided between diabetes and general endocrinology patients. However, starting in July 2016 or shortly thereafter, the Division anticipates having separate diabetes and general endocrinology sessions, on at least the Dallas Campus.

<table>
<thead>
<tr>
<th>Clinic</th>
<th>Sessions Per Week</th>
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<tbody>
<tr>
<td>Dallas Endocrinology and Diabetes</td>
<td>39</td>
</tr>
<tr>
<td>Dallas COACH</td>
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</tr>
<tr>
<td>Legacy</td>
<td>16</td>
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<td>Southlake</td>
<td>4</td>
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<td>Texas Health Dallas</td>
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</tbody>
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Current Grant Support

Perrin White

Grantor: NIH
Title of Project: Abiraterone Acetate in Children with Classic 21-Hydroxylase Deficiency
Role: Principal Investigator
Dates: 09/2015 – 07/2020

Grantor: University of California
Title of Project: A Self-regulation Approach to Diabetes Adherence into Emerging Adulthood
Role: Co-principal Investigator
Dates: 01/2014– 04/2016
Grantor: CCRAC, Sr. Investigator Grant
Title of Project: Intensive Education in a Residential Camp Setting for Type 1 Diabetes
Role: Principal Investigator
Dates: 08/2014 – 08/2016

Peer-Reviewed Publications


